

# Super Tracker Tips for the Week

## VEGETABLES

Make each meal colorful by adding red, green, yellow, or orange vegetables to your plate.



## GRAINS

Need a snack? Try a whole-grain snack chip, such as baked tortilla chips.



### A tip for each of the 5 food

## FRUITS

Make the majority of your choices whole or cut-up fruit rather than juice to get fiber.



## PROTEIN FOODS

Protein foods include: lean meats, seafood, poultry, eggs, beans and peas, nuts, seeds, and soy products.



## DAIRY

Fat-free milk has the same amount of calcium and other essential nutrients as whole milk, but less fat and Calories.

